Pine Bark Extract: Toxic Effects on Health Markers

1 source

Joachim Bartoll's article vehemently argues that pine bark extract is toxic and detrimental to human health. He critiques a meta-analysis, asserting that any observed reductions in cardiometabolic markers are signs of acute poisoning and overwhelmed detoxification rather than genuine health improvement. Bartoll contends that plants, including pine bark, produce defense chemicals incompatible and harmful to human physiology. He dismisses the concept of beneficial plant-based antioxidants, claiming true antioxidants are only biologically compatible when sourced from animals. The author concludes by advocating a hyper-carnivorous diet and denouncing the consumption of anything plant-based.

1. Pine Bark Extract is Toxic and Harmful:

- **Poisoning Analogy: Bartoll repeatedly refers to the administration of pine bark extract as "poisoning" participants. He states, "So, some evil bastards thought it would be a good idea to poison some people with toxic pine bark..."**
- **Stress on Detoxification System: He argues that pine bark extract adds stress to an already overloaded detoxification system, particularly in individuals with health conditions like type 2 diabetes, whom he believes already suffer from poor diets high in carbohydrates and seed/vegetable oils. "Pine Bark Extract Is Extremely Toxic And Will Add Stress To A Overloaded Detoxification System..."**
- **Misinterpretation of Improved Markers: Bartoll contends that any observed improvements in cardiometabolic markers (reduced blood pressure, body weight, fasting blood glucose, HbA1c, and LDL cholesterol) are not indicative of actual healing but rather signs of acute poisoning and an overwhelmed detoxification system. He claims, "If the markers go down, healing and detoxification has also gone down. Very simple and basic physiology, and also plain common sense."**
- **Negative Interpretation of Specific Marker Changes:Reduced Blood Pressure: He views a sudden reduction in blood pressure as a sign of compromised detoxification and repair, arguing that healthy improvement should be gradual over months or years. "A sudden reduction in blood pressure is not a good thing. It indicates that the body's ability to detoxify and repair tissues has been compromised."**
- **Reduced Body Weight: Bartoll dismisses weight loss as potentially due to reduced appetite from poisoning or muscle loss, exacerbated by nutrient deficiencies in typical diets. "A reduction in body weight from simply taking a toxic compound is alarming as it is can be from reduced appetite due to acute poisoning."**
- **Reduced Fasting Blood Glucose and HbA1c: He attributes these reductions to either decreased food intake/muscle loss leading to reduced glucose production or liver and kidney damage caused by the "toxic poisonous effect of pine bark." "A reduction in fasted blood glucose is also very alarming as it either shows that the participants were consuming less food, lost muscle mass... Or it was the toxic effect of pine bark on the liver and kidneys..."**
- **Reduced LDL Cholesterol: Bartoll sees a decrease in LDL as "extremely bad and 100% proof that pine bark is extremely toxic" because LDL is crucial for transporting cholesterol to damaged tissues for repair. He believes a rapid drop indicates impaired healing. "A reduction**

in LDL cholesterol is extremely bad and 100% proof that pine bark is extremely toxic as it damages the liver and thus interferes with our body's natural healing process."

2. Critique of Examine.com and Mainstream Scientific Understanding:

- **"Clueless Writers" and "Dimwits": Bartoll uses derogatory language to describe the authors of the meta-analysis summarized by Examine.com, accusing them of being ignorant of basic physiology and biochemistry. "This Saturday morning we return to the clueless writers at Examine.com and a summary of a meta-analysis... where some dimwits thought it would be a good idea to poison participants with pine bark extract..."**
- **Dismissal of "Positive" Outcomes: He believes that Examine.com incorrectly views the observed changes in cardiometabolic markers as positive due to a lack of understanding of the underlying biological processes. "Sure, because you view these outcomes as 'positive,' because you do not understand the biochemistry behind them."**

3. Rejection of Plant-Based Antioxidants:

- **Incompatibility with Human Biology: Bartoll asserts that plants are chemically different from humans and therefore not biochemically compatible or beneficial. "And anyone who has looked into biology and biochemistry knows that plants are very chemically different to humans and not compatible with our biology or physiology. They can never be beneficial in any capacity, it's not biochemically possible."**
- **Toxicity of Plant Antioxidants: He argues that plant-based antioxidants are defense chemicals designed to protect plants and are therefore toxic to the human body, causing tissue damage. "In plants, antioxidants are simply defense chemicals made by the plants to protect them from anyone wanting to eat or hurt them... That means that within the human body, they will be extremely toxic doing enormous damage to our tissues."**
- **Pine Bark as an Example: He specifically highlights the phenols and flavonoids in pine bark extract as toxic compounds that are not meant for human consumption. "And that is one of the reasons why pine bark extract is so toxic and damaging, as it contains a lot of phenols and flavonoids such as procyanidins, catechins, and phenolic acids. Only a complete retard would ever come up with the idea to process bark into a liquid and then dry it into a powder. It's frikkin' bark! It's not meant to be consumed!"**

4. Advocacy for a Carnivorous Diet:

- **Humans as Obligate Hypercarnivores: Bartoll explicitly states his belief that humans are naturally obligate hypercarnivores and should only consume animals and their products. "Again, humans are obligate hyper carnivores, and we should never consume anything that is growing out of the dirt. We should only consume animals and their produce."**
- **Promotion of Coaching and Consultation: He uses the article to promote his coaching and consultation services for individuals wanting to transition to his advocated diet.**

- **Toxicity of Pine Bark Extract: Bartoll argues that pine bark extract is inherently toxic to humans due to the fundamental biochemical differences between plants and animals. He posits that it adds stress to the detoxification system.**
- **Critique of Examine.com Meta-Analysis: Bartoll heavily criticizes a meta-analysis summarized by Examine.com that examined the effects of pine bark extract on cardiometabolic health markers. He dismisses the researchers as "clueless" and "dimwits" for studying the effects of what he considers a poison.**
- **Misinterpretation of Health Markers: Bartoll contends that the observed reductions in blood pressure, body weight, fasting blood glucose, HbA1c, and LDL cholesterol are not indicative of improved health but rather signs of acute poisoning, increased toxic load, and impaired healing.**

- **Role of Detoxification and Healing: He emphasizes that genuine healing takes significant time and requires proper nutrition (animal-based foods, saturated fats, cholesterol, and specific micronutrients) to support detoxification and tissue repair. Sudden improvements in markers are seen as a sign that these processes are being suppressed.**
- **Importance of Nutrient-Dense Diet: Bartoll advocates for a diet consisting solely of animal products, asserting that humans are "obligate hyper carnivores" and that plant-based foods are incompatible with human biology and physiology.**
- **Rejection of Plant-Based Antioxidants: He argues that antioxidants found in plants are chemically different from those produced by or consumed by animals and are therefore toxic to humans, acting as defense chemicals rather than beneficial compounds.**
- **Critique of Short-Term Studies: Bartoll dismisses the 2-24 week duration of the studies in the meta-analysis as insufficient to observe genuine healing, particularly without dietary changes.**
- **Emphasis on Biochemical Compatibility: A central theme is the incompatibility between plant biochemistry and human physiology, leading to his conclusion that plants can never be beneficial for human consumption.**

- **Bartoll argues that pine bark extract is toxic because plants are biochemically different from humans, and their compounds are not compatible with human physiology. He believes these compounds act as defense chemicals in plants and cause damage within the human body.**
- **Bartoll criticizes the researchers at Examine.com for studying the effects of a toxic substance without understanding its fundamental biochemical effects on the human body. He believes they misinterpreted reductions in health markers as positive outcomes when they were actually signs of poisoning and impaired healing.**
- **Bartoll interprets a rapid decrease in blood pressure as a sign that the body's ability to detoxify and repair tissues has been compromised by the toxic effects of pine bark extract, rather than an indication of improved health. He argues that healthy blood pressure reduction should be a slow process over months or years.**
- **Bartoll views a reduction in LDL cholesterol as extremely negative because he believes LDL is crucial for transporting cholesterol to damaged tissues for repair. A rapid decrease suggests liver damage and impaired healing, leading to an accumulation of damage and increased risk of serious diseases.**
- **Bartoll advocates for a diet consisting solely of animal products, as he believes humans are "obligate hyper carnivores" whose physiology is specifically adapted to this way of eating. He argues that plant-based foods are inherently toxic and incompatible with human biology.**
- **According to Bartoll, antioxidants in plants are defense chemicals that protect the plants from being eaten or damaged. He argues that these compounds are toxic to humans because they are biochemically different from animal antioxidants and cause damage to human tissues.**
- **Bartoll believes that short-term studies are flawed because genuine healing and improvement in health take a significant amount of time, especially when addressing long-term health issues and without fundamental dietary changes. He contends that short-term changes are more likely due to acute poisoning effects.**
- **Bartoll suggests that a temporary decrease in blood glucose after taking pine bark extract could be due to reduced food intake, muscle loss, a body conditioned to a toxic metabolism, or damage to the liver and kidneys impairing glucose production. In all cases, he views it as a negative sign related to the extract's toxicity.**
- **According to the article, some of the compounds found in pine bark extract that Bartoll considers toxic include phenols and flavonoids such as procyanidins, catechins, and phenolic acids. He views these as defense chemicals harmful to the human body.**
- **Bartoll highlights the fundamental difference in biological classification, stating that humans belong to the kingdom Animalia while plants belong to the kingdom Plantae. He argues that**

this vast biochemical difference makes plant compounds incompatible and often toxic to human physiology.

Glossary of Key Terms

- **Cardiometabolic Health:** Refers to the interconnectedness of cardiovascular health and metabolic factors like blood glucose, lipids, and blood pressure.
- **Meta-analysis:** A statistical analysis that combines the results of multiple independent studies to provide an overall estimate of an effect.
- **Randomized Controlled Trials (RCTs):** Studies where participants are randomly assigned to different groups (e.g., receiving a treatment or a placebo) to test the effectiveness of an intervention.
- **Detoxification System:** The body's biological processes for neutralizing and eliminating toxins. Bartoll believes pine bark extract overloads this system.
- **Antioxidants:** Compounds that can inhibit oxidation, a process that can damage cells. Bartoll argues plant antioxidants are toxic to humans.
- **Ketosis:** A metabolic state characterized by elevated levels of ketone bodies in the blood, often occurring when the body relies on fat for energy. Bartoll suggests humans in ketosis produce their own compatible antioxidants.
- **Obligate Hyper Carnivore:** An animal that requires a diet consisting primarily or exclusively of meat for survival. Bartoll claims humans are such creatures.
- **Glycogen:** A multibranched polysaccharide of glucose that serves as a form of energy storage in animals, fungi, and bacteria. Bartoll suggests toxic loads can affect its storage.
- **Gluconeogenesis:** A metabolic pathway that results in the generation of glucose from certain non-carbohydrate carbon substrates. Bartoll suggests pine bark extract can impair this.
- **Glycated Hemoglobin (HbA1c):** A form of hemoglobin with glucose attached, used to measure average blood glucose levels over several months.
- **Lipoprotein:** A biochemical assembly that contains both proteins and lipids, which transports fats and fat-soluble vitamins through the bloodstream. LDL is a type of lipoprotein.
- **Chronic Inflammation:** Low-grade, persistent inflammation in the body, often associated with various chronic diseases. Bartoll links it to a continuous cycle of damage and impaired healing.
- **Phenols and Flavonoids:** Classes of plant secondary metabolites, some of which Bartoll identifies as toxic components of pine bark extract.
- **Species-Appropriate/Species-Specific Diet:** A diet that is considered natural and optimal for a particular species, based on its evolutionary and physiological adaptations. Bartoll advocates for an animal-based diet as the human species-appropriate diet.

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Summary

This source is a polemical article arguing that pine bark extract is extremely toxic and detrimental to human health. The author critiques a meta-analysis that seemingly found positive cardiometabolic effects of the extract, asserting that these apparent improvements are actually signs of acute poisoning and a stressed detoxification system, rather than genuine healing. Furthermore, the article broadens its scope to contend that plant-based antioxidants are inherently harmful to humans due to fundamental biochemical differences between kingdoms, advocating for an exclusively animal-based diet as the only species-appropriate nutrition

Discuss Pine bark toxicity.

Based on the provided source, pine bark extract is described as extremely toxic and something that will add stress to an overloaded detoxification system. The author refers to studies where participants were given pine bark extract as an act of "poisoning". The author believes that giving toxic pine bark to individuals already struggling with health issues due to poor diets is idiotic.

The author argues that any improvements in cardiometabolic markers observed in studies, such as reductions in blood pressure, body weight, fasting blood glucose, HbA1c, and LDL cholesterol, are not signs of healing but rather indications of acute poisoning and an overwhelmed detoxification system.

Here's a breakdown of the author's reasoning regarding the toxicity of pine bark extract and its effects:

- **Blood Pressure Reduction: A sudden decrease in blood pressure is not seen as positive but as a sign that the body's ability to detoxify and repair tissues has been compromised. Elevated blood pressure is interpreted as the body's attempt to heal, ensuring proper nutrient and oxygen flow and waste removal. A genuine improvement should lead to a slow decrease over months or years.**
- **Body Weight Reduction: Weight loss from taking pine bark extract is considered alarming and potentially due to reduced appetite from poisoning, muscle loss, or the inability of overwhelmed cells to store glucose and water.**
- **Fasting Blood Glucose and HbA1c Reduction: A decrease in fasting blood glucose is viewed as a negative sign, possibly indicating reduced food intake, muscle loss, reliance on a toxic metabolism,**

or damage to the liver and kidneys impairing glucose production. Similarly, a reduction in HbA1c could be due to consuming fewer toxic carbohydrates or the body's inability to produce enough glucose due to liver and kidney damage.

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LDL Cholesterol Reduction: The author states that a reduction in LDL cholesterol is "extremely bad" and "100% proof that pine bark is extremely toxic". LDL is seen as a carrier lipoprotein from the liver that transports cholesterol to damaged tissue for repair. A drop in LDL is interpreted as impaired healing due to liver damage, leading to accumulated damage and serious health problems.

The author believes that because the studies on pine bark extract were short and participants did not improve their diets by adding animal-based foods and removing plant-based and processed foods, any positive changes reported by researchers are misunderstood. The author contends that plants are biochemically different from humans and not compatible with our biology or physiology, thus never beneficial.

Furthermore, the author dismisses the concept of plant-based antioxidants as "nonsense," stating that they are chemically different from human antioxidants and are actually defense chemicals in plants, making them toxic to the human body. The presence of phenols and flavonoids like procyanidins, catechins, and phenolic acids in pine bark extract is specifically mentioned as a reason for its toxicity. The author concludes by asserting that humans are obligate hypercarnivores and should not consume anything growing from the dirt.

Discuss Antioxidant differences.

The source you provided discusses antioxidant differences by contrasting those found in plants with those found in humans. The author argues that the idea of plant-based antioxidants being beneficial to humans is "nonsense" because they are chemically different from the antioxidants in our bodies and cells.

According to the author, all living organisms, including humans, produce their own antioxidants to protect themselves. However, these antioxidants are not the same across different kingdoms of life. Humans belong to the kingdom Animalia, while plants belong to the kingdom Plantae. Therefore, the antioxidants produced by plants are not biologically identical or compatible with those in humans.

The author claims that humans can obtain compatible antioxidants by consuming the flesh of other animals because they are biologically identical. In contrast, plant-based "antioxidants" are described

as defense chemicals that plants produce to protect themselves from being eaten or harmed, as well as from environmental hazards. Consequently, when humans consume these plant "antioxidants," they are actually ingesting toxic substances that can cause significant damage to our tissues.

The author specifically mentions phenols and flavonoids like procyanidins, catechins, and phenolic acids found in pine bark extract as examples of these toxic plant compounds, contributing to the author's view that pine bark extract is extremely toxic and damaging. The author concludes that humans are obligate hypercarnivores and should only consume animals and their produce, not anything that grows out of the dirt.

Discuss Cardiometabolic markers.

The source discusses several cardiometabolic markers, specifically in the context of a meta-analysis examining the effects of pine bark extract. According to the author, this meta-analysis reported that pine bark extract reduced the following cardiometabolic markers:

- **Blood pressure: Both diastolic (-2.62 mmHg) and systolic (-2.26 mmHg) blood pressure were reduced. However, the author argues that a sudden reduction in blood pressure is not a good sign. Instead, it indicates a compromise in the body's ability to detoxify and repair tissues. Elevated blood pressure is interpreted as the body's attempt to heal by ensuring proper blood flow for nutrient and oxygen delivery and waste removal. True healing, according to the author, should result in a slow decrease in blood pressure over months or years. A rapid drop suggests "acute poisoning" or an overwhelmed detoxification system.**
- **Body weight: Pine bark extract was associated with a reduction of -1.37 kg (-3 lbs) in body weight. The author finds this alarming, suggesting it could be due to reduced appetite from poisoning, muscle loss, or the inability of overwhelmed cells to store glucose (glycogen) and water. Given that BMI and waist circumference reportedly did not significantly decrease, the author leans towards muscle loss or cellular dysfunction as potential reasons, both considered negative outcomes.**
- **Fasting blood glucose: A reduction of -6.25 mg/dL in fasting blood glucose was observed. The author views this as very alarming, potentially indicating reduced food intake, loss of muscle mass,**

reliance on a toxic metabolism, or impaired glucose production by the liver and kidneys due to the toxic effects of pine bark. In either case, the author considers it a sign of the poisonous effects of pine bark.

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HbA1c: Pine bark extract was linked to a decrease of -0.32% in HbA1c. While HbA1c reflects average blood glucose levels over a few months, the author suggests this reduction could be due to consuming fewer toxic carbohydrates or the body's inability to produce enough glucose due to liver and kidney damage caused by pine bark extract.

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LDL cholesterol: A reduction of -5.07 mg/dL in LDL cholesterol was reported. The author considers this "extremely bad" and "100% proof that pine bark is extremely toxic". LDL cholesterol is described as a carrier lipoprotein from the liver that transports cholesterol to damaged tissue for repair. A drop in LDL is interpreted as impaired healing due to liver damage, potentially leading to the accumulation of damage and serious health problems. A natural decrease in LDL should occur slowly over months or years as the body heals with proper nutrition and reduced toxic load.

The author's central argument is that any improvements in these cardiometabolic markers observed in short-term studies with pine bark extract are not indicative of actual healing but rather signs of acute poisoning and an overwhelmed detoxification system. This is because the participants reportedly did not improve their diets by adding animal-based foods and removing plant-based and processed foods, which the author believes is necessary for true healing. The author dismisses plant-based compounds, including those in pine bark extract, as toxic to humans due to their chemical differences from human biochemistry.

Discuss Healing process.

The source discusses the healing process primarily in contrast to the effects observed from taking pine bark extract. According to the author, true healing is a gradual process that takes time, especially if someone has been unwell for a long period. The author emphasizes that noticeable healing requires providing the body with better nutrition, specifically highlighting the need for animal-based foods such as protein, saturated fats, cholesterol, and certain micronutrients. The removal of plant-based and processed foods is also deemed necessary to reduce the toxic load.

The author argues that symptoms can be part of the healing process. Consequently, a reduction in symptoms achieved by taking a toxic compound like pine bark extract is interpreted negatively, suggesting that healing and detoxification have been suppressed. Similarly, improvements in cardiometabolic markers within a short timeframe due to pine bark extract are not seen as signs of healing but rather as indicators of acute poisoning or an overwhelmed detoxification system. The author believes that this occurs because the body's detoxification and healing abilities are hampered by the toxic load from the pine bark extract.

In contrast to the rapid changes observed in studies using pine bark extract, the author states that genuine improvement in health and cardiometabolic markers, like blood pressure and LDL cholesterol, should occur slowly over the span of several months to a few years as the body heals and the toxic load is reduced. Elevated levels of markers such as blood pressure and LDL cholesterol are interpreted as the body's attempt to heal existing damage. For instance, elevated blood pressure is seen as the body ensuring proper nutrient and oxygen flow to damaged tissues and waste removal, while elevated LDL cholesterol is described as the liver transporting cholesterol to damaged tissue for repair. A sudden decrease in these markers due to a toxic substance is considered detrimental as it suggests that the body's ability to heal has been compromised.

The author also mentions the concept of a "healing loop" where a high toxic load prevents the body from effectively completing the detoxification and healing processes, leading to chronic inflammation. True healing, according to this perspective, involves breaking this cycle by providing appropriate nutrition and reducing the toxic burden.

Discuss Nutritional deficiencies.

The source discusses nutritional deficiencies in the context of poor diets and the potential harmful effects of substances like pine bark extract.

According to the author, "99% of all people’s diets are complete and utter crap". This suggests a widespread prevalence of inadequate nutrition. The author specifically mentions that simply eating less due to a reduced appetite caused by a toxic compound like pine bark extract is "very bad" because it will accelerate the development of nutrient deficiencies, further hindering detoxification and healing processes.

The author emphasizes that proper healing and tissue repair require better nutrition, particularly protein, saturated fats, cholesterol, and certain micronutrients, which are primarily found in

animal-based foods. The author believes that many people consume an "excessive intake of carbohydrates and seed/vegetable oil," which contributes to poor health.

Furthermore, the author argues that introducing compounds like pine bark extract, which are "void of the nutrients needed for detoxification, healing, and tissue repair," can lead to acute poisoning or an increased toxic load, overwhelming the detoxification system and reducing the body's ability to heal. This situation is exacerbated if the underlying nutritional deficiencies are not addressed through an improved diet focused on animal-based foods and the removal of plant-based and processed foods.

In summary, the source suggests that pre-existing nutritional deficiencies are common due to poor dietary habits. Introducing toxic substances like pine bark extract can worsen these deficiencies by reducing appetite or impairing nutrient absorption and utilization. The author posits that adequate nutrition, particularly from animal sources, is essential for proper detoxification, healing, and preventing further nutritional imbalances.

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